



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 09354, Pineapple, canned, juice pack, drained**

Report Date: June 30, 2017 20:47 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.7 Fat Factor: 8.37 Protein Factor: 3.36

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, chunks 181g	1 cup, crushed 195g	1 cup, sliced 162g	1 spear 26g
<b>Proximates</b>								
Water	g	83.51	--	--	151.15	162.84	135.29	21.71
Energy	kcal	60	--	--	109	117	97	16
Energy	kJ	252	--	--	456	491	408	66
Protein	g	0.51	--	--	0.92	0.99	0.83	0.13
Total lipid (fat)	g	0.11	--	--	0.20	0.21	0.18	0.03
Ash	g	0.31	--	--	0.56	0.60	0.50	0.08
Carbohydrate, by difference	g	15.56	--	--	28.16	30.34	25.21	4.05
Fiber, total dietary	g	1.3	--	--	2.4	2.5	2.1	0.3
Sugars, total	g	14.26	--	--	25.81	27.81	23.10	3.71
<b>Minerals</b>								
Calcium, Ca	mg	16	--	--	29	31	26	4
Iron, Fe	mg	0.28	--	--	0.51	0.55	0.45	0.07
Magnesium, Mg	mg	15	--	--	27	29	24	4
Phosphorus, P	mg	7	--	--	13	14	11	2
Potassium, K	mg	124	--	--	224	242	201	32
Sodium, Na	mg	1	--	--	2	2	2	0
Zinc, Zn	mg	0.10	--	--	0.18	0.20	0.16	0.03
Copper, Cu	mg	0.107	--	--	0.194	0.209	0.173	0.028
Selenium, Se	µg	0.4	3	0.277	0.7	0.8	0.6	0.1
<b>Vitamins</b>								
Vitamin C, total ascorbic acid	mg	9.4	--	--	17.0	18.3	15.2	2.4
Thiamin	mg	0.102	--	--	0.185	0.199	0.165	0.027

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, chunks 181g	1 cup, crushed 195g	1 cup, sliced 162g	1 spear 26g
Riboflavin	mg	0.021	--	--	0.038	0.041	0.034	0.005
Niacin	mg	0.284	--	--	0.514	0.554	0.460	0.074
Vitamin B-6	mg	0.075	--	--	0.136	0.146	0.121	0.019
Folate, total	µg	5	--	--	9	10	8	1
Folic acid	µg	0	--	--	0	0	0	0
Folate, food	µg	5	--	--	9	10	8	1
Folate, DFE	µg	5	--	--	9	10	8	1
Choline, total	mg	5.5	--	--	10.0	10.7	8.9	1.4
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	3	--	--	5	6	5	1
Retinol	µg	0	--	--	0	0	0	0
Carotene, beta <sup>1</sup>	µg	30	1	--	54	58	49	8
Carotene, alpha	µg	0	--	--	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0
Vitamin A, IU	IU	50	--	--	90	98	81	13
Lycopene	µg	0	--	--	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.02	--	--	0.04	0.04	0.03	0.01
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0	0
Vitamin K (phylloquinone)	µg	0.7	--	--	1.3	1.4	1.1	0.2
<b>Lipids</b>								
Fatty acids, total saturated	g	0.008	--	--	0.014	0.016	0.013	0.002
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000	0.000	0.000
16:0	g	0.006	--	--	0.011	0.012	0.010	0.002
18:0	g	0.003	--	--	0.005	0.006	0.005	0.001

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, chunks 181g	1 cup, crushed 195g	1 cup, sliced 162g	1 spear 26g
Fatty acids, total monounsaturated	g	0.014	--	--	0.025	0.027	0.023	0.004
16:1 undifferentiated	g	0.001	--	--	0.002	0.002	0.002	0.000
18:1 undifferentiated	g	0.012	--	--	0.022	0.023	0.019	0.003
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.040	--	--	0.072	0.078	0.065	0.010
18:2 undifferentiated	g	0.023	--	--	0.042	0.045	0.037	0.006
18:3 undifferentiated	g	0.017	--	--	0.031	0.033	0.028	0.004
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0	0
<b>Amino Acids</b>								
<b>Other</b>								
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0

**Sources of Data**

<sup>1</sup>T Philip, T S Chen Development of a method for the quantitative estimation of provitamin A carotenoids in some fruits., 1988 J. Food Science 53 pp.1703-1707